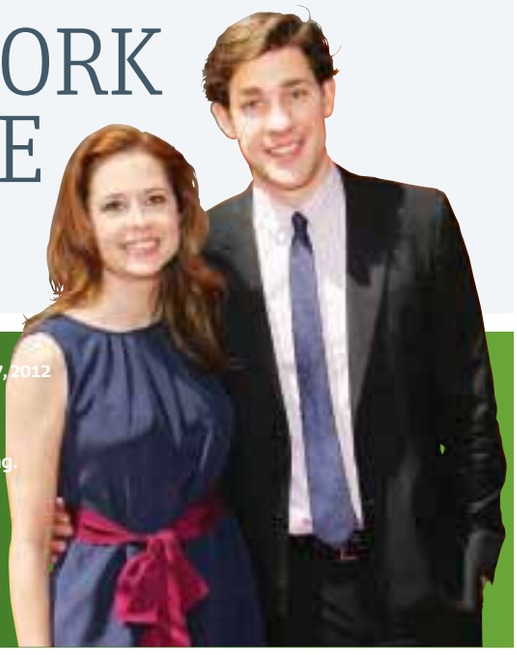
Chilling out over some soup

Yogurt helps balance this chilled mint broth PAGE 11

MAKING IT WORK IN THE OFFICE

WORKPLACE ROMANCES CAN BE A TRICKY ENDEAVOUR PAGE 12



REGINA metro®

Tuesday, July 17, 2012

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Eye on London 2012: Meet Saskatchewan's Olympians

Going for gold. Metro takes a closer look at the seven athletes and the assistant coach looking to make the province proud

DORIAN GEIGER
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Out of the 277 Canadian athletes competing at the London Olympic Summer Games, seven have Saskatchewan roots.

Over the next week, Metro will introduce these athletes. Everything from their stories to their Saskatchewan upbringings, right up to their Olympic journey, will be featured.

Athletes include Brianne Theisen (heptathlon), Cory Niefer (10-metre air rifle, 50-metre rifle), Krista Phillips (basketball), Kelly Parker and Kaylyn Kyle (soccer), Reuben Ross (synchronized diving) and Rachelle Viinberg (rowing).

University of Saskatchewan women's basketball head coach Lisa Thomaidis will also represent as assistant coach with the women's Olympic basketball team.

"We're proud of the hard work and dedication of our Saskatchewan Olympic athletes and coaches in realizing their dreams," said Michelle Dezell, manager of athlete services for Sask Sport Inc.

"The variety of sports represented by these athletes is a tribute to the strength of the volunteer-driven amateur sport system in Saskatchewan."

MORE LOCAL OLYMPIC COVERAGE, PAGE 3

Follow Dorian Geiger on Twitter @dgiegs

Humboldt native Brianne Theisen is one of seven Saskatchewan athletes competing at the 2012 Olympic Summer Games in London. CONTRIBUTED

A look back

Province's Olympic history

- Earl Thomson (Birch Hills) was the first-ever Saskatchewan athlete to medal, winning gold in men's 100-metre high hurdles in 1920 in Antwerp.
- Twelve Saskatchewan athletes competed at the 2008 Beijing Olympics (Saskatoon rower Jake Wetzel clinched a gold medal), seven competed at the 2004 Athens Olympics (rowers Wetzel and Cam Baerg attained a silver medal) and 10 travelled to the 2000 Sydney Olympics.
- Saskatchewan Olympic hockey player Hayley Wickenheiser played softball in the 2000 Summer Games.

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NEWS

On the web

How not to steal laughs at the pump

A cartoon presented by Enbridge at a conference had critics wondering if the company was trying to single out certain Persian Gulf countries as unethical oil sources compared to Alberta. Click on metronews.ca to read the energy giant's explanation of the scowling gas pump.

Taming of the wild ex-pets

From a raven that mixes caws with video-game sound effects to a cuddly, one-eyed bobcat, the wild ex-pets at an Ontario animal sanctuary are uniquely socialized to humans. Go to metronews.ca to view the slideshow of these domesticated beasts.

Mobile news

Revellers lavishly dressed as various mythological Hindu deities took part in the Bonalu festival in Hyderabad, India. Scan the code to view the gallery of colourful costumes.

Premier Brad Wall speaks to delegates of the Pacific Northwest Economic Region at TCU Place in Saskatoon on Monday. MORGAN MODJESKI/METRO

Premier Wall talks energy and trade at international summit

Uranium highlighted. The Pacific Northwest Economic Region Summit runs from July 16-19

MORGAN MODJESKI
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Premier Brad Wall had energy on his mind at a keynote speech he gave at the Pacific Northwest Economic Region Annual Summit, as oil, coal and uranium were all main talking points.

Quoted

"If the Keystone debate has Americans using terms like 'dirty Canadian oil,' that does impact us because that's Canada's brand."

Premier Brad Wall

After speaking to delegates about the importance of tending the U.S.-Canada relationship while still diversifying trade to Asian markets, Wall said the province has the potential to become one of Canada's next energy players, telling media that uranium could be a "bit of a game changer," for Saskatchewan.

"If you produce 20 per cent of the world's uranium and, like I said today, if five per cent of the lights that will turn on in America tonight are really being turned on because of our uranium — you're an energy player," said Wall.

The premier also touched on how the dialogue between the U.S. and Canada is important, saying that terms like "dirty Canadian oil" pose problems for Saskatchewan.

"If the Keystone debate has Americans using terms like 'dirty Canadian oil,' that does impact us because that's Canada's brand," said Wall.

"People think in this country — perhaps they do — that the Obama administration is good for Canada. At least that's the sense I have. The facts say something else."

From left, Weston Dressler, Darian Durant and Chris Getzlaf at Monday's Riders practice. The three players are an important part of the Riders offence, which has pushed the team to first place in the CFL. JEFF MACKEY/METRO

CFL. Riders successfully grinding their way through tough schedule

The Roughriders were back practising on Taylor Field Monday.

They are entering the final leg of a particularly gruelling portion of their 2012 season, playing three games in 12 days.

The team doesn't seem to be wearing too thin, however, as head coach Corey Chamblin confirmed both Brendon LaBatte and Rob Bagg are fit to play Thursday against Calgary.

JEFF MACKEY/METRO

Collision

Three dead after car submerged

Three people are dead after a car crashed and was partially submerged in water near Battleford, Sask.

RCMP say officers were called Sunday after the car rolled and hit the water about 30 kilometres south of Battleford. Police say one of the rear passengers was able to swim out the front window and get help.

All occupants were from the Mosquito First Nation.

The names of the deceased are Lee Oxebin (F), 34, Patrick Sanderson, 45, and Wallie Mosquito, 28.

METRO

Man in custody

Regina teen dies after hit-and-run

A Regina teenager has died and another is in custody after a hit-and-run in North Regina early Sunday morning.

Upon arriving at the scene, officers found an empty vehicle, still running, crashed through a fence and a female victim on the ground. EMS was called and the victim was transported to hospital in critical condition.

The female victim has since passed away as a result of her injuries.

The driver of the vehicle, 18-year-old Levi Noel Bear, turned himself in to Regina police early on July 16, whereupon he was arrested and interviewed.

METRO

Biggar

Saskatoon woman dies in crash

A 60-year-old woman from Saskatoon died on Sunday when a westbound minivan collided with an eastbound semi unit near Biggar.

The woman, the driver of the minivan, was transported to Biggar Hospital, where she succumbed to her injuries.

The truck driver was not injured.

METRO

For more local news visit metronews.ca

BRIANNE THEISEN

Humboldt heptathlete ready to bleed maple leaves despite American fiancé

WHY SHE MAY BE CHEERING IN AN AMERICAN JERSEY

DORIAN GEIGER
dorian.geiger@metronews.ca

Heptathlete Brianne Theisen couldn't focus on just one sport — she needed seven.

"I can't sit still. I get bored easily, so giving me something that has so many different components keeps me interested," Theisen, of Humboldt, said in an email interview from Germany.

Heptathlon includes 100-metre hurdles, the high jump, long jump, shot put, javelin, and 200- and 800-metre sprints.

Theisen, who lives in Eugene, Ore., is engaged to U.S. Olympic decathlete Ashton Eaton.

Eaton, a two-time world championship medallist and world-record holder, is touted as a favourite heading into London.

"I don't see us as two different nationalities," Theisen said.

"When he's doing the decathlon, I will be sitting in the stands cheering as loud as I can for him in his American jersey, and I know he'll be doing the same for me."

In love and sports

"I am getting to know the Canadian athletes well."

Ashton Eaton, Theisen's American fiancé and a two-time world championship medallist

What's the most British activity you do in London?
"I am going to do some sightseeing with my parents. Also, I've heard that Britain has a lot of really good pubs."

Who's your favourite track athlete?
"I'm not a history whiz when it comes to track-and-field, or any sport. I'm usually one of those people to say, 'Michael Phelps who?'"

Where's the coolest place you've been in the world?
"Marrakech, Morocco."

CONTRIBUTED

CONTRIBUTED

CORY NIEFER

Marksman targets a medal in London

HE CAN SHOOT A FLY

After 24 years of pursuing the sport that has driven his life, marksman Cory Niefer is finally headed to the Summer Olympics to compete in the men's 10-metre air rifle and 50-metre rifle prone.

It's not Niefer's first rodeo, though. He attended the 2008 Summer Olympics in Beijing as a coach. This has been an unconventional path, since most athletes switch to a coaching role after their professional careers are over. Niefer did the opposite and he's hoping his coaching experience in China will help his performance on the world stage.

"It wasn't a really crazy transition for me," Niefer said. "I've always been passionate about coaching. Right from when I was in cadets, as much as I shot, I coached other athletes."

Niefer, 36, said he got into shooting at the age of 12 when he joined a Yorkton cadets program. Far from being an adrenalin junkie, he thrives on patience and composure.

"It's really a mental skill. If you're running a long-distance marathon you can channel that adrenalin or nervous energy into a positive thing, but in shooting it's the death of you."

What's the first gun you ever shot?
"It was a really good, quality German Anschütz."

What's your most accurate shot?
"I've shot a fly standing at 50 metres before. It was resting on my target. I looked through the scope and saw it. Just for fun, I took a shot. I thought maybe I missed it, but when I went down to the target there were fly guts everywhere."

DORIAN GEIGER/METRO

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Johnsons Landing

Remains of second person found at B.C. landslide site

The remains of a second person have been uncovered at the site of a landslide in southeastern B.C. that killed four people.

The B.C. Coroners Service and RCMP say the remains were found at Johnsons Landing, though they didn't release an identity.

Four people were missing after Thursday's slide, including 60-year-old Valentine Webber, his two daughters and a German tourist.

On Sunday, searchers found a body believed to belong to Valentine Webber near the site of the slide.

Still unaccounted for are Rachel Webber, 17, Diana Webber, 22, and German national Petra Frehse, 64. THE CANADIAN PRESS

Record rains

Japan floods still affecting region

Most of the quarter-million people who fled flooding in Japan were able to return home by Monday, but the danger had not fully passed from record rains that have killed at least 28. Hundreds of landslides have been reported, and the military airlifted food to stranded districts. THE ASSOCIATED PRESS

Leadership shakeup

North Korea's vice-marshal dismissed

North Korea's vice-marshal is out, dismissed from several powerful posts because of illness, state media said Monday in a brief surprise announcement just days after Ri Yong Ho last appeared in public. The decision was made at a Workers' Party meeting on Sunday, according to the official Korean Central News Agency. The dispatch did not elaborate on his condition or future. THE ASSOCIATED PRESS

Former North Korean vice-marshal Ri Yong Ho THE ASSOCIATED PRESS

Food safety

Needles found in airline sandwiches

Delta Airlines says needles were found in six sandwiches on four flights from Amsterdam to the U.S. on Sunday. The airline says security for its meal production has been increased and it is using more prepackaged food while the investigation continues. THE ASSOCIATED PRESS

Lawyer may be witness in Magnotta case

Body-parts murder. U.S. lawyer says he met with accused killer, who complained of being abused by a mystery man

A lawyer who heard Luka Rocco Magnotta make allegations about being repeatedly abused and forced to have sex with animals says he could be called as a witness at his murder trial.

Romeo Salta, who says he met with Magnotta several times at his Manhattan office in the winter of 2010-11, told The Canadian Press he was informed of the possibility by the defence team last week.

Magnotta, 29, is now facing multiple charges, including first-degree murder, in the May slaying and dismemberment of Montreal university student Jun Lin. He has pleaded not guilty to all counts and is due back in court next March.

A day before Salta was told he might be called to testify, the attorney spoke to a reporter about Magnotta's assertions that he was frequently abused — physically, emotionally and sexually — by a mysterious acquaintance known as "Manny."

Salta insisted that Magnotta gave him his blessing to go public with the disturbing details of the alleged attacks, if he were ever arrested or killed. The lawyer said Magnotta wanted people to know his side of the story.

But two days after discussing his exchanges with Magnotta, Salta indicated he's been told to say no more. He declined to answer follow-up questions because of a conversation he said he had with Magnotta's lead defence counsel, Luc Leclair.

Salta recalled that Magnotta first contacted him over concerns police were closing in on him amid a swirl of animal-cruelty accusations. THE CANADIAN PRESS

Email exchanges

- The Canadian Press obtained several emails Salta said he received from Magnotta over the weeks that followed their first meeting. All are dated from January 2011, more than a year before Lin's death.

Ultra-Orthodox Jews rise up against draft attempts

Handcuffed ultra-Orthodox Jews participate in a protest in Jerusalem on Monday against attempts to draft members of the cloistered community into the Israeli military. Thousands of ultra-Orthodox Jews, including hundreds of children, have been protesting. The government is currently trying to find a formula to obligate ultra-Orthodox Jews, who are currently exempt, to serve in the military before a court-determined Aug. 1 deadline.

ODED BALILTY/THE ASSOCIATED PRESS

Budapest. Suspected Hungarian war criminal may have been Canadian

Hungarian officials have launched an investigation to determine if a suspected war criminal — who may also have been a Canadian citizen — has been living clandestinely in the capital for years.

Budapest prosecutors said in a statement Monday that they were investigating a case based on information received from the Simon Wiesenthal Center, but did not name the suspect.

The centre has told prosecutors that a Budapest resident named Laszlo Csatary is believed to be the former police chief in the Slovak city of Kosice in 1941, who played a "key role" in sending more than 300 Jews to their deaths in Ukraine.

Csatary, who the centre says would now be 97 years old, is also suspected of helping to organize the 1944 deportation of some 15,700 Jews to Auschwitz.

A man bearing a similar name lived in Canada as a citizen until August 1997, according to Canadian government officials. THE ASSOCIATED PRESS

Syrian rebels push into Damascus

Syrian rebels fired grenades at tanks and troops while regime armour shelled Damascus neighbourhoods on Monday, sending terrified families fleeing the most sustained and widespread fighting in the capital since the start of the uprising 16 months ago.

A ring of fierce clashes nearly encircled the heavily guarded capital as rebels seeking to overthrow President Bashar Assad pushed the civil war that has been building in Syria's impoverished provinces closer to the seat of power.

While the clashes were focused in a string of neighbourhoods in the city's southwest, for many of its four million people the violence brought scarily close to home the strife that has deeply scarred other Syrian cities.

Monday's fighting suggested that deep cracks were appearing in the tightly controlled facade of calm that has insulated Damascus from violence throughout the uprising.

Damascus — and Syria's largest city, Aleppo — are both home to elites who have benefited from close ties to Assad's regime, as well as merchant classes and minority groups who worry their status will suffer if Assad falls.

Syria's violence has grown increasingly bloody and chaotic in recent months as the uprising has morphed from a peaceful protest movement seeking political change into an armed insurgency seeking to topple the regime by force.

International diplomacy has failed to stop the violence, and world powers remain deeply divided over who is responsible and how to stop it. The U.S. and many Western nations have called on Assad to leave power, while Russia, China and Iran have stood by the regime.

On Monday, Russian Foreign Minister Sergey Lavrov accused the West of using blackmail to secure a UN Security Council resolution that could allow the use of force in Syria.

Lavrov objected to the text of a Western-backed resolution that calls for sanctions and invokes Chapter 7 of the UN Charter, which can be enforceable militarily. THE ASSOCIATED PRESS

Rising toll

17,000

Anti-regime activists say more than 17,000 people have been killed in the uprising since it first began 16 months ago.

Ninety-year-old has more fun on the weekend than you

Lester Slate, right, a 90-year-old from Exeter, Maine, sits on the ground after his first skydiving jump made in tandem with instructor Matt Riendeau at Central Maine Skydiving in Pittsfield on Sunday. KEVIN BENNETT/BANGOR DAILY NEWS/THE ASSOCIATED PRESS

YouTube now a major news platform: Study

Changing media. TV news still dominates, but video-sharing site emerging as place to go in times of big events

A new study has found that YouTube has become a major platform for news, one where viewers are turning for eyewitness videos in times of major events and natural disasters.

The Pew Research Center's Project for Excellence in Journalism on Monday released its examination of 15 months of the most popular news videos on the Google Inc.-owned site.

It found that while viewership for TV news still easily outpaces those consuming news on YouTube, the video-sharing site is a growing digital environment where professional journalism mingles with citizen content.

"There's a new form of video journalism on this platform," said Amy Mitchell, deputy director of the Pew Research Center's Project for Excellence in Journalism.

"It's a form in which the relationship between news organizations and citizens is more dynamic and more multiverse than we've seen in most other platforms before."

The Japanese earthquake and tsunami was the most-viewed news event during the length of the study, which spanned January 2011 to March 2012. The top videos from Japan included footage from surveillance cameras, a news network and a Japanese Coast Guard vessel — a typical variety of sources.

"One of the things that emerges here is the power of bearing witness as a part of a news-consumption process," said Mitchell. "Many of the most-viewed stories that we're looking at here have real powerful imagery around them."

The results depicted both reasons for concern and encouragement for traditional news outlets. While citizen journalism accounts for a large slice of viewership on YouTube, its users are also eager distributors of professional news video.

Details

- More than a third of the most-watched videos came from citizens.
- More than half came from news organizations, but footage in those videos sometimes incorporated footage shot by YouTube users.

The relatively nascent Russia Today had the most videos among the most-viewed. The second most-viewed news organization was Fox News, though the study pointed out more than half of those videos were posted in criticism of the network. THE ASSOCIATED PRESS

Gaza. Christians stage protest over alleged forced conversions to Islam

Dozens of Gaza Christians staged a rare public protest Monday, claiming two congregants were forcibly converted to Islam and were being held against their will.

The small but noisy demonstration showed the increasingly desperate situation facing the tiny minority.

Protesters banged on a church bell and chanted, "With our spirit, with our blood we will sacrifice ourselves for you, Jesus."

Gaza police say the two congregants are staying with a Muslim religious official at their request, because they fear retribution from their families for converting to Islam. Two mediators said the two — a 25-year-old man and a woman with three children — appeared to have embraced Islam of their free will. Forced conversions have been unheard of in Gaza before.

Since the Islamic militant group Hamas seized power five years ago, Christians have felt increasingly embattled, but have mostly kept silent.

A Palestinian Christian holds a photo of a man who protesters say was kidnapped. THE ASSOCIATED PRESS

There are growing fears among Gaza Christians that their rapidly shrinking community could disappear through emigration and conversions.

Their numbers appear to have shrunk from some 3,500 to about 1,500 in recent years, according to community estimates. THE ASSOCIATED PRESS

Sexual harassment. Judge's accuser grilled in court

A man who says he was sexually harassed by a Manitoba judge faced accusations Monday that he is no innocent victim, but rather someone who is interested in sexual dalliances and who has a history of suing people.

Alexander Chapman was the first witness to testify at an inquiry into Lori Douglas, a Court of Queen's Bench justice whose sexually explicit photos wound up on a website after her husband posted them there without her knowledge.

The inquiry by the Canadian Judicial Council is examining a complaint filed by Chapman in 2010. He alleges he had been the target of a strange sexual plan by Douglas and her husband, Jack King, seven years earlier. At the time, King was Chapman's divorce lawyer and Douglas was a lawyer at the same firm as her husband.

Chapman alleges he was approached by King to have sex with Douglas, and was directed to Dark Cavern, a website dedicated to sex between black men and white women.

Consent

- King and Douglas have said all along that King was acting without Douglas's knowledge — that he uploaded the photos and approached Chapman for sex without any consent from his wife.

"White Princess" was the name attached to the photos of Douglas, some of which showed her in bondage gear and performing sex acts. King said he visited the photos reluctantly and only because "the man had my divorce stuff."

Chapman filed a sexual-harassment claim against King in 2003 and was given $25,000 in exchange for returning all the photos and agreeing to never discuss the matter. He broke that agreement in 2010, saying he was still suffering stress.

THE CANADIAN PRESS

Warren Sill CONTRIBUTED

Filmmaker missing in B.C. woods

RCMP in northern British Columbia are searching the woods for a documentary filmmaker from the United States.

Twenty-six-year-old Warren Sill from Ohio was filming a documentary on the kermode bears, a group of white-coated black bears, that inhabit the area.

Sill said he would be gone four or five days, but his parents say they haven't spoken to the man since July 4.

Police in New Hazelton, B.C., say Sill's vehicle has been parked at the entrance of the Whiskey Creek Trail near Gull Creek since July 5.

RCMP Const. Lesley Smith said the search for Sill has been going on for three days with police, search-and-rescue crews and volunteers looking for the filmmaker.

Biggest worry

- RCMP Const. Lesley Smith said authorities are most concerned that Sill is not "an avid outdoors man."

THE ASSOCIATED PRESS

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European Central Bank

Number of counterfeit euro bills drops

The European Central Bank says the number of counterfeit euro bills fell 15.2 per cent in the first six months of the year compared with the first half of 2011, with €20 ($25) and €50 notes being the most commonly forged.

The Frankfurt-based bank said Monday that the two bills made up 77 per cent of the 251,000 counterfeit bills detected.

It says the overall number of counterfeit bills makes up a small fraction of the approximately 14.6 billion in circulation during the first six months.

THE ASSOCIATED PRESS

The €20, and €50 notes are the most commonly forged, the European Central Bank says. THE ASSOCIATED PRESS

Glitch

Skype says bug affected small number of users

Online calling service Skype is confirming a bug that has caused instant messages to be sent to the wrong contacts.

Skype, which is owned by Microsoft Corp., said in a statement Monday that only a "small number of users" are affected. It called the bug a "rare occurrence" but did not go into details about what caused it or exactly how many people were affected.

Skype says it will send out a software update that fixes the problem in the next few days. The bug was first described in Skype's online support forums and reported in various technology blogs.

THE ASSOCIATED PRESS

Goldman Sachs downgrades Tim Hortons to 'sell'

Wall Street. Increasing pressure in competitive market forces investment firm to lower rating of coffee-and-doughnut chain

Tim Hortons has been downgraded to a "sell" rating at Goldman Sachs over concerns that moderation in same-store sales could be a harbinger of more pressure in the hyper-competitive coffee market.

A note from analyst Michael Kelter at the Wall Street investment firm says he is concerned about early indications of "impending Canadian saturation" that could reflect increased pressure.

"We see a five per cent downside in Tim Hortons shares versus a seven per cent average upside across the sector," he wrote.

He also expects the company might report a miss on same-store sales when it reports second-quarter earnings next month. Earnings-per-share estimates were reduced to $2.72 from $2.77 for 2012, he said. Other reductions were made for 2013, with EPS down to $3.06 from $3.13, and to $3.34 from $3.48 in 2014.

The Canadian coffee market has faced a growing number of new entrants, including an expansion by Seattle coffee chain Starbucks and low-priced coffee and specialty drinks at McDonalds.

Tim Hortons has responded by expanding its menu to include a broader array of lunch offerings, including hot food, and new specialty drinks like frozen lemonade.

Kelter said he would consider re-evaluating his rating if there were signs of a sustained rebound in Canada, or if Tim Hortons escalated the timeline of its rollout in other countries.

THE CANADIAN PRESS

Slow growth

"Tim Hortons derives over 95 per cent of its operating profit in Canada, and growth into new geographies is coming at a somewhat moderate pace."

Analyst Michael Kelter at the Wall Street investment firm Goldman Sachs

Touch-based controls coming for Office

Microsoft CEO Steve Ballmer speaks at an event in San Francisco on Monday. He unveiled a new version of the company's widely used, lucrative suite of word processing, spreadsheet and email programs, one designed specifically with tablet computers and Internet-based storage in mind. Like an upcoming redesign of Microsoft's Windows operating system, the new Office will respond to touch as well as commands delivered on a computer keyboard or mouse. The addition of touch-based controls will enable Office to extend its franchise into the rapidly growing tablet computer market. Apple dominates that market with the iPad, though Microsoft has plans to compete with its own tablet, called Surface. JEFF CHIU/THE ASSOCIATED PRESS

Real estate. Canadian home resales drop in June

Canada's real-estate market is showing signs of cooling off with national home sales and the average home price down year over year, indicators that have at least one senior economist wondering if the once red-hot market is entering a "Big Sleep."

The new data from the Canadian Real Estate Association follows several reports saying some real-estate markets and types of housing are overvalued, though there's a range of opinions about how much and how quickly prices will decline. That's left economists and consumers watching closely for signs that demand has softened to the point where prices will start going down.

On Monday, the CREA reported the number of previously owned homes sold last month dropped 4.4 per cent from June 2011, the first annual decline since April 2011.

Resales of homes were also down 1.3 per cent in June from May, with a total of 46,444 transactions through CREA members.

THE CANADIAN PRESS

Market Minute

DOLLAR 98.55¢ US (-0.01¢)

TSX 11,521.18 (+6.65)

OIL $88.43 US (+$1.33)

GOLD $1,591.60 US (-40¢)

Natural gas: $2.8010 US (-7.3¢)
Dow Jones: 12,727.21 (-49.88)

Labour dispute. Vale wins court bid to prosecute strikers blocking nickel site

Mining giant Vale won a court application Monday to prosecute striking workers if they block access to a new nickel-processing site, upping the ante in an increasingly nasty labour dispute in southern Newfoundland.

What started Thursday as a wildcat strike by about 90 crane operators entered its fifth day as the company and workers traded accusations of intimidation and ill will. About 1,000 workers — half the usual labour force — went back to work Monday in Long Harbour, N.L., north of Placentia on the Avalon Peninsula, after union leaders urged them to respect a collective agreement signed in 2009. The rest stayed away in part, Vale says, because striking workers have snarled traffic on the road leading to the site.

Company spokesman Bob Carter said production can't fully resume without the crane operators as the dispute costs Vale several million dollars a day. Carter also said he's heard that some returning workers got threatening emails, text messages or phone calls. He did not provide examples and a union spokesman for the crane operators, Roy Hawco, said he wasn't aware of such tactics.

THE CANADIAN PRESS

Infrastructure. Atco to work with remote communities

Atco Group said Monday it is starting a new business that will provide pre-fabricated buildings to remote aboriginal communities across Canada that badly need infrastructure.

The Calgary-based company said the new subsidiary, Atco Sustainable Communities, can design and build entire communities, including offices, schools, daycare centres, housing, hockey arenas and retail outlets.

"Pretty much every piece of infrastructure that you find in cities is lacking — not necessarily everything in every community, but every community needs something," Atco Sustainable Communities president Boris Rassin said in an interview.

Atco Sustainable Communities already has "tens of millions" of dollars in business, with six projects already on the go, he said.

Atco president and CEO Nancy Southern said the company has been partnering with indigenous communities since 1981. THE CANADIAN PRESS

Employees

8,800

Atco Group has more than 8,800 employees and assets of about $13 billion.

Economy. Canada continues with slow growth: IMF

The International Monetary Fund is calling for further government action amid signs the recovery is faltering in many countries, though Canada's outlook has held up better than most other advanced economies.

The 188-country organization said Monday that it expects Canada's economy will grow modestly, by 2.1 per cent this year and 2.2 per cent next year — virtually unchanged from the IMF's forecast in April.

That's not the case in many parts of the world.

The IMF's July outlook warns that, after a better-than-expected start to the year, growth is slowing in many parts of the world, shaving two-tenths of a point off of the IMF's 2013 estimate, which falls to 3.9 per cent.

The 2012 growth estimate has also been reduced, by one-tenth of a point, to 3.5 per cent.

THE CANADIAN PRESS

Growth-rates forecast

The Canadian growth rates forecast by the IMF are below the Bank of Canada's call of 2.4 per cent in 2012 and 2013, but in line with most private-sector economists, who have been downsizing expectations the past few months.

READY TO RELINQUISH YOUR CREEPER ANONYMITY?

SHE SAYS...
Jessica Napier
metronews.ca/shesays

A collective groan was heard across the web last week when Facebook announced yet more changes are coming to the social-networking site. According to a July 11 blog post, Facebook Groups have been updated to allow users to see who has viewed each post within the shared group.

Back in June, a similar "seen by" feature was added to Facebook's mobile-messaging service to let users keep track of when messages had been read. It's an annoyance for pretty much everyone who has ever had an awkward conversation on the Internet.

Some Facebook fans are concerned that these public tracking features are just a step towards a more transparent interface across the entire site, giving friends the ability to see who has clicked through photo albums, wall posts, tagged photos and other individual profile materials. These recent updates may just be the beginning of some major changes that could eradicate our ability to browse the site anonymously.

Facebook frowners

"We're happy to relinquish all of our juicy market-research details to third-party apps, but please don't take away our ability to lurk around the social network unseen."

Facebook has always been about connecting with your friends, but it has also had the underlying (and just as important) component of "creeping" through others' online activity without detection. More than likely, you don't really want everyone to know when you've spent hours looking at (and silently judging) your ex-boyfriend's tagged photos or cheesy wedding photo albums posted by long-lost high school friends. Any new features that track and report on your online activity will effectively ruin the guilty-pleasure aspect of the social-networking site.

Would you still creep if you knew the person you were creeping knew too? CONTRIBUTED

Facebook creeping has always been an ethical grey area, but users are happy to play along in the shared fantasy that we aren't cyber-stalking one another. And while the free service is something we voluntarily opt into, we tend to have a certain sense of entitlement when it comes to Facebook, a sort of naive sense of ownership over our online profiles. We're happy to relinquish all of our juicy market-research details to third-party apps, but please don't take away our ability to lurk around the social network unseen.

Anonymous observation has arguably been one of the most important factors in Facebook's mass appeal. And while it wasn't too good to be true, it might have been too good to last.

It will be interesting to see if the recent information-sharing changes will pave the way for a major site-wide overhaul. Will users accept the new rules and adapt their browsing behaviour, or simply move on to something new in the fickle world of social networking?

Follow Jessica Napier on Twitter @MetroSheSays

Olympic horse is a-maize-ing

REX FEATURES

Olympic agriculture

Equestrian design dashes through field

Clearly one farmer is already reaping Olympic success. Graham Wadsworth, owner of Raines Hall Farm in England's picturesque Lake District, has created in a maize field the image of a giant horse rider leaping over a jump in honour of Great Britain's equestrian team, which is highly favoured to win gold.

Every summer Wadsworth's farm becomes the Lakeland Maize Maze, welcoming more than 20,000 visitors. METRO

Graham Wadsworth, 41, is a farmer at Raines Hall Farm, Lake District, U.K. CONTRIBUTED

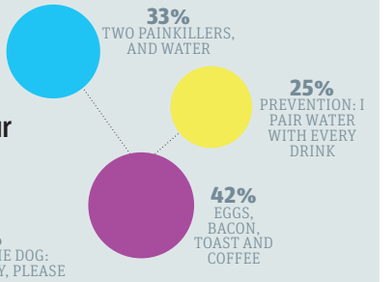
Maize maze: A how-to

- **How it was made:** "The pattern was first designed on a computer, then it was plotted using GPS. When using this technology, modern tractors can auto-steer and cut within an inch. I had a portable computer mounted on the tractor guiding me as I was carving out the design. You don't make a mistake using this sort of technology."
- **How it was done before:** "Before, when GPS technology was not available, I used a device called a fixed-point transmitter, which would relay information between a satellite and the moving tractor. It wasn't as accurate and once when the system batteries failed, one of the details of design I was working on — the head of a llama —did not come out as I had planned!"
- **How it was done long ago:** "We drew the design on graph paper. After dividing it on the paper, we would cut the field square-by-square. In fact, the results could be better but it was more labour-intensive — it would take more than a week to complete."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

In light of patio season, what's your hangover remedy?



Twitter

@njdcole: when will we learn more about the "film makers to stadium builders" career realignment program?

@RicoinRegina: Personally I think we should dome the stadium. That way the homeless could live there in the off-season! #yqr

@gordiechan: large schools the way of the future. Busing kids soon be the norm. Operating costs too high to keep small schools running

@feistyfrugal: Love that a friend referred to the Saskatoon-Yorkton-Regina-Saskatoon road trip as the SK Bermuda Triangle. We're in it! Hitting #YQR

@Lance_A_Lot_Sir: Cultural importance? Give me a break. Stimulate the economy? Let the pvt. sector provide the $. Football is not a public good. Get real.

metro

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2

SCENE

Scene in brief

Baby No. 3 for Uma

It's a girl for Uma Thurman and her financier boyfriend. Thurman's representative confirmed on Monday that the actress gave birth. She did not release details, including the baby's name. Thurman, 42, has two older children, 13-year-old Maya Ray and 10-year-old Levon Roan, with ex-husband Ethan Hawke. This is her first with financier Arpad Busson. Busson has two sons with Elle Macpherson.
THE ASSOCIATED PRESS

Judges disciplined over Lohan case

A California oversight panel has disciplined two Beverly Hills judges for their handling of a Lindsay Lohan drunken driving case. Documents obtained by the Los Angeles Times show Los Angeles County Judges Marsha Revel and Elden Fox have been admonished by the state's Commission on Judicial Performance. The judges got what are called advisory letters, considered the lowest of disciplinary actions. The panel determined Revel improperly met alone with an attorney who wanted to take over Lohan's defence in the 2010 DUI case. Fox was found to have erred in denying the actress bail on a relatively minor charge and refusing to hear her attorney's arguments.
THE ASSOCIATED PRESS

On the web

E! Entertainment Olympics plan has its own Kardashian connection

Marvel confirmed a movie version of Guardians of the Galaxy at Comic-Con. HANDOUT

The ups and downs of Comic-Con 2012

Review. Our California writer looks at what this year's geek fest had to offer its fans — both bad and good

NED EHRBAR
Metro World News in Hollywood

Celebrities, artists, filmmakers and roughly 170,000 fans invaded San Diego for the annual pop culture Woodstock that is Comic-Con, where Hollywood rolled out teases and announcements for the next several years of film and TV properties over an exhausting four days. Most of the big reveals came in Hall H, the massive auditorium into which fans line up for days. So, was it worth the wait?

Biggest hits:

Marvel Entertainment: Riding into Comic-Con high on the wave of Avengers success, the comic book publisher turned movie studio announced a slew of new films, including sequels to Captain America and Thor.

And then Robert Downey Jr. danced into the Hall, blurring the lines between himself and Tony Stark, to unveil footage from next year's Iron Man 3.

In non-Avengers news, Marvel executive Kevin Fiege also confirmed a movie version of Guardians of the Galaxy, about an outer space-set team of mutants, aliens and a raccoon sworn to fight off interstellar threats.

Elysium: District 9 director Neill Blomkamp finally unveiled some of followup film, about a future in which the haves live it up on a space station while the have-nots toil on the dilapidated Earth below. Not only did Blomkamp stun the Hall H crowd with footage from the film, he also brought along Jodie Foster, a Comic-Con virgin and closet geek — Foster copped to being a huge True Blood fan.

Biggest misses:

The Host: While kicking off Comic-Con with a panel for the final Twilight film, the series' author, Stephenie Meyer snuck in a look at the film adaptation of her followup, the Host, directed by Andrew Niccol. The footage of the sci-fi story about alien possession left fans scratching their heads — and some walking out before the screening had finished.

Django Unchained: While it was awfully cool of Quentin Tarantino to bring his revenge western starring Jamie Foxx and Christoph Waltz to Comic-Con — despite it not necessarily being normal Comic-Con fare — there are a few things he didn't do: He didn't show off much new material, instead opting to show a seven-minute "sizzle reel" that had screened for insiders at Cannes, and he didn't stick around to talk to the press after the Hall H panel. One thing he did do? Put a damper on plans for Kill Bill: Vol. 3. Not cool at all, Quentin.

Go ask Alice. Ashley Greene talks about wrapping up Twilight

The Twilight film series has been something of a game-changer for Comic-Con. When the franchise paid its first visit, the influx of diehard female fans ruffled some fanboy feathers. Metro sat down with Ashley Greene, who plays vampire Alice Cullen in the series, about the series' last trip to San Diego.

How is the last Comic-Con for Twilight going?
It's good. It's as intense as ever. I looked at my schedule and was like, "Wow!" But then it's great. It's a great feeling to know the last film we're doing, the fifth movie, there's still so much interest in it and that people are still passionate about it, and I got to see fans that I saw the first time I came here.
NED EHRBAR

Ashley Greene HANDOUT

Walking Dead. San Diego succumbs to zombies to celebrate 100th issue

Despite all the superheroes, aliens and giant monsters around San Diego, this year the Comic-Con weekend belonged to the Walking Dead, the AMC show based on Robert Kirkman's comic book about surviving a zombie apocalypse.

The 100th issue of the comic hit stores last week, and fans got their first look at season three of the popular series, which debuts worldwide Oct. 14, including new cast-members Danai Gurira as Michonne and David Morrissey as the infamous Governor. "I'm getting a sense of (how big this is). It's fan base is massive, so I'm really over the moon to be joining," Morrissey tells Metro.

The enthusiasm for the show was evident outside the convention centre as well, with Petco Park turned into a zombie survival course — and the backdrop for a star-studded party celebrating the 100th issue. And fans in zombie garb were everywhere, coming together for a traffic-stopping "zombie walk" on Friday afternoon.

"Never underestimate Comic-Con," Kirkman says.
NED EHRBAR

DVD reviews

The Three Stooges

Director. Bobby Farrelly, Peter Farrelly

Stars. Sean Hayes, Chris Diamantopolous, Will Sasso

●●○○○

Easy to see why Bobby and Peter Farrelly wanted to make this irony-free homage to the second most revered clown troupe after the Marx Brothers, despite protests from Stooges fans. For all of their eye-poking and mallet-swinging antics, there was an innocence about the Stooges, who reigned from the Vaudeville '20s until the end of the Swinging '60s, with fitful revivals since. They were fools for the sake of being fools, too stunned to be snide or cynical. This benevolently anarchic spirit remains in The Three Stooges, which makes just two concessions to the modern era: a reality TV subplot involving The Jersey Shore cast and a tacked-on warning to kids that they should leave eye pokes and head bashes to the pros. After an hour of this nonsense, with more than a half hour still to go, you start to feel like a masochist watching three sadists. You see one nose hair being extracted by a hammer claw, you've seen 'em all.
PETER HOWELL

Casa de mi Padre

Director. Matt Piedmont

Stars. Will Ferrell, Gael Garcia Bernal, Diego Luna

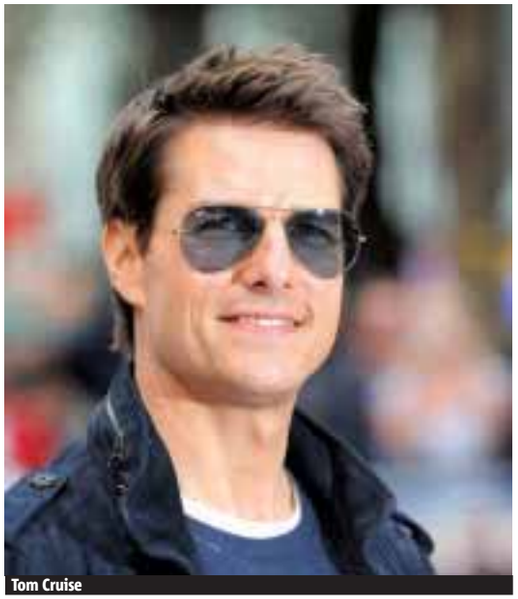
●●○○○

Will Ferrell takes risks with his comedy, yet too often settles for material that's more amusing on paper than it is on the screen. Casa de mi Padre is the latest example. Ferrell plays a Mexican ranchero who speaks Spanish as if he were born to the tongue. It's audacious, given the huge resistance of Americans to subtitled films. It's also a good idea. If only it were funnier. Most of the rest of the cast of this hammy drama, a western spoof of cheesy Mexican telenovelas, actually are native Spanish speakers. Supposedly filmed in widescreen "Mexico-Scope," but also filled with deliberately fake animals and props, Casa de mi Padre gets by on Ferrell's abundant good cheer, his Berlitz Spanish and his willingness to make himself the joke.
PETER HOWELL

Anne Hathaway ALL PHOTOS GETTY IMAGES

It's all in her head: Haircut nothing short of shocking for Hathaway

Anne Hathaway is enjoying the ultra-short haircut she's sporting from filming Les Miserables, but it definitely took some getting used to. "I wasn't expecting it to be such a big deal, because it was my idea," she tells Kelly Ripa during an interview. "I've now done backflips out of windows, I've jumped off buildings, and cutting my hair reduced me to, like, mental patient-level crying. I was inconsolable."



Tom Cruise

Tom's mind is on Suri, not Scientology, says Cruise's lawyer

Many have speculated that the Church of Scientology played a major role in negotiating the divorce between Tom Cruise and Katie Holmes, but Cruise's lawyer, Bert Fields, says that's far from accurate.

"Somebody said the Scientologists were directing the negotiations, and that is absolute hogwash. There was no Scientologist present, I wasn't on the phone with Scientologists. Scientologists played no part of role in the negotiations between the lawyers," Fields tells People magazine, adding that Cruise was more concerned with what would happen to the couple's six-year-old daughter Suri.

"Tom was always most interested in his child," Fields says. "His concern was for Suri."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who dumped who on Idol?

MONICA WEYMOUTH
scene@metronews.ca

When Jennifer Lopez and Steven Tyler announced they were leaving American Idol last week, both stars cited their busy, rewarding lives. How could they continue to judge a reality show when they had babies to take care of and devoted fans to entertain?

But there might be a much easier explanation here: money.

According to TheWrap.com, Lopez was actually let go when she asked for a $2 million raise and Fox "surprised her" by declining to make a counter offer. During an appearance on Monday's Good Morning America, the singer hinted that it wasn't exactly a tidy break.

"I love them, they love me, and it's hard when I feel like I should move on," she said of the split. "I don't know, I don't know if it's even done yet … I know that I'm moving on."

As for Tyler — who, like Lopez, spent two seasons on the show — the network decided not to renew his contract as it looks to revamp the struggling show's format, a source tells TheWrap.

Sure it's embarrassing, but don't sweat it, guys. Most of us get fired over far less money and have never known the joy of giving Ryan Seacrest an exit wedgie.

Joshua Jackson

Diane Kruger

Tres romantique! Jackson and Kruger falling for France

Joshua Jackson and Diane Kruger are settling into life living in Paris, and they couldn't be happier, the Fringe star tells People magazine.

"The most romantic thing about Paris for me is just walking around and being imersed in the city," Jackson says.

"Because Diane has lived there for so long and we have an apartment there, the most romantic part of our day is waking up in our own neighborhood and going down to a cafe and just having breakfast — which is a really quotidian thing to do, but to do it in that city is pretty nice."

Michelle Williams

Mini Michelle bonding with mom's boyfriend

Michelle Williams hurried home from her visit to San Diego Comic-Con for some quality time with daughter Matilda, aged six, and boyfriend Jason Segel, according to Us Weekly. The pair were spotted Saturday taking in a matinee of the Broadway show Jersey Boys before heading back to Brooklyn for an early dinner and a stroll.

Sources say Segel has been bonding with Matilda over the past few months. "He's been doing all sorts of 'dad stuff' with her, like drawing and playing music," a source previously told the magazine about the actor. "I never thought Jason would ever date someone with a kid. But he's taking everything in his stride. He's ready to be a grown-up."

Twitter

@driverminnie
We are writing and performing a play in 24 hrs. We are in hour 18. I feel vaguely nauseous and wish now that I'd gone to university

@_juliannemoore
umm #the knicks the way things are going why not just have ME on the team. Old ladies are great point guards.

@AlbertBrooks
Breaking News: Romney promises to release more tax returns as soon as he can get the guy from Luxembourg on the phone.

@RyanSeacrest
Craving ice cream. Had to stop for a blizzard, butter finger Heath bar flavor.

3 LIFE

Beach body pilates plan

Workout. Yogi David Romanelli tells us why it's time to switch off the devices and connect to you.

ROMINA MCGUINNESS
Metro World News

Is her BlackBerry is hidden under the mat? CONTRIBUTED

Do you go on holiday, taking a break from the hustle and bustle, but spend most of the time updating Facebook and sharing Instagram photos? New York based Yogi David Romanelli is worried for your soul. "Technology is just like sucking on a cigarette, it's just as addictive and bad for us," he tells Metro. "Gadgets are a bad habit. We have less capacity to experience and remember memories using a machine than we do through our five senses."

Quoted

"Let this be the moment when you have no desire to reach for a gadget.

David Romanelli
New York based Yogi

Peel yourself away from technology, he recommends. To do so, Romanelli suggests setting aside one moment in the day (aside from sleep) and doing something completely disconnected from your usual routine.

"Take a Yoga or Pilates class and let this be a moment when you have no desire to reach out for a buzzing gadget," he says.

"Our mind is a spoiled brat that's used to having complete control over our body. It's important to stop thinking once in a while and tap into something within us that's more powerful than our thoughts, whatever that is. This 'thing' doesn't have to be spiritual, it can also be emotional or physical."

At the start of the class, your mind will be kicking and screaming to take over your body but you have to get past that moment and be in the present, explains Romanelli. Yoga and Pilates are exercises that help you trigger sensations and get back in touch with your body.

"No app in the world can replace smell or touch or improve emotional connections," he adds.

So, even if it's just for a moment — stop functioning and get back into your body. Our beach Pilates sequence is the best way to start doing just that.

Cut out the exercises below and take them with you during your next break.

Fitness pick

Slim line leggings

Celebrity trainer Tracy Anderson's slimming leggings are the perfect solution if you want to workout out looking and feeling your best. Inspired by her Metamorphosis workout program each model focuses on a specific problem area: the hips, glutes, thighs, or abs. Designed to tighten and tone (they nicely pull everything in) you'll never feel self conscious during a workout ever again. If Sofia Vergara wears them — and she's a walking bomb shell – then we should all follow suit. Get great legs: The Omnicentric leggings are designed for women that gain weight all over.

ROMINA MCGUINNESS/METRO

On the Web

Sports-related eye injuries not uncommon in summer sports but easily preventable

The workout

How to do the Beach Body Pilates Workout:

"This will tone all your trouble spots: bra bulge, triceps, hips, abs, waist, thighs and buttocks. You will stand taller, feel lighter and be leaner. Commit to this workout for up to 20 minutes, five days a week and within weeks you'll look amazing," says Metro's Pilates expert Kristin McGee.

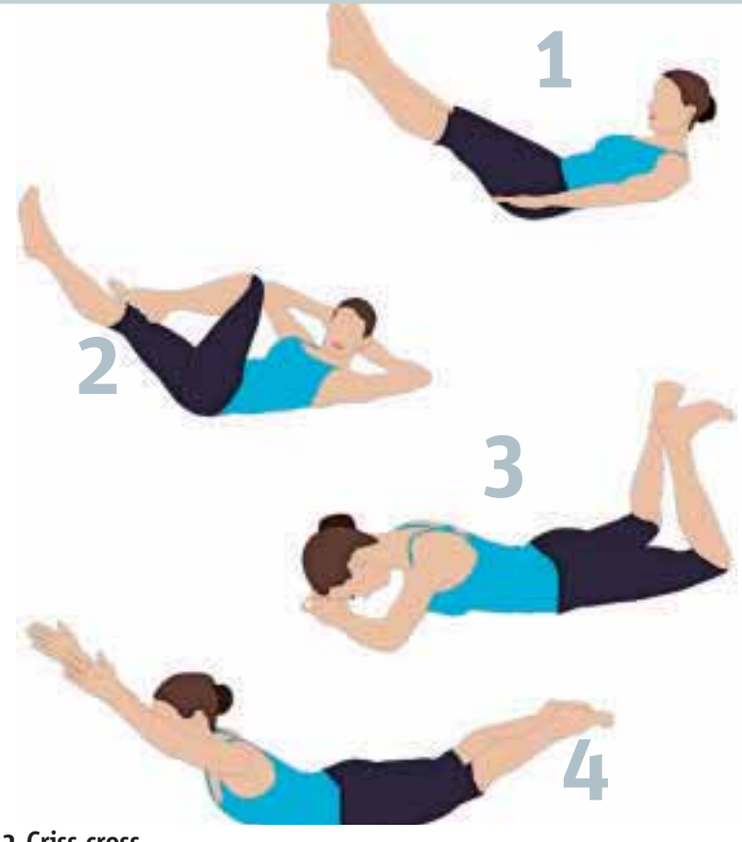
As you go through each move, keep the six fundamentals of Pilates in mind: Centering, concentration, control, precision, breath and flow.

1. 100s:

Lying on your back with your entire spine pressing in to the mat, lift your legs up in the air to a tabletop position and engage your lower abdominals.

Stretch your arms forward as you lift your head and neck up off the mat. Gaze at your belly button and extend your legs out to a 45 degree angle.

Start pumping the arms up and down, breathing in for 5 pumps, and out for 5.
Reps:10
Works: core, hips, buttocks, arms and thighs



2. Criss-cross

Keep your hands behind your head, elbows open to the side and bring your knees to a tabletop position. Lift your head and neck up and cross your right elbow towards your left knee as you extend your right leg long 45 degrees.

Now switch, bringing the left elbow to the right knee as you extend the left leg. Make sure you keep your abs engaged and reach your elbow outside of the bent knee.
Reps: 10
Works: core, inner and outer obliques, hips, shoulders arms and thighs

3. Ballerina butt lifts

Swing your legs around and lie down on your belly. Place your forehead in on top of your hands with your elbows wide to the side. Bend your knees and press the heels together, turning the toes out to the sides.

Engage your buttocks, hamstrings and lower back and press your heels up to the ceiling lifting your knees off the mat. Make sure your tailbone stays long and you keep your lower abdominals engaged to protect your lower back.
Reps: 12
Works: lower back, abs, hips, buttocks and hamstrings

4. Swan

Extend your legs long and reach your arms overhead. Engage your lower abdominals and back and lift everything up off the floor keeping your head in line with your spine. Imagine you are being pulled apart from end to end. Hold for 3 breaths and lower down.
Reps: 3
Works: the hamstrings, arms, lower back and butt

Dip your way to a delicious twist on traditional hummus

White Bean and Artichoke Hummus

This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Although there are plenty others out there, this is a very unique twist on traditional hummus! The addition of white beans and artichoke hearts is outstanding.

1. Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt and pepper in the bowl of a food processor. Purée until smooth.

2. Add the chopped cilantro and stir to combine

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 tbsp tahini
- 1 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp finely chopped garlic
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro

Nutritional analysis

How does this dip stack up nutritionally per serving?

- **Calories.** 79
- **Protein.** 2 g
- **Carbohydrates.** 6 g
- **Fibre.** 1.7 g
- **Total fat.** 5 g

Health Solutions

Five hidden fibre gems

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Women need 25 grams of fibre each day and men need 35. On average, we each get 11.

If you are underperforming because you don't know which vegetables are highest in fibre, fret not, mystery solved.

Here is your cheat sheet of the veggies that get you much closer to the fibre finishing line.

Collard Greens

The powerhouse of the south, these huge, dark green elephant ear leaves need a chop and a quick simmer to render them soft enough to eat. Salt, pepper, butter and enjoy.
Total: 10 grams of fibre

Spinach

You know your massive spinach and strawberry salad? Cook it down with a drizzle of olive oil. It's easier to eat the required amount and renders the nutrients more available to your body.
Total: 9 grams of fibre

Sweet Potato

Mashed. No skin. Delicious as is but a drop of balsamic vinaigrette can't hurt.
Total: 11 grams of fibre

Baked Potato

The secret is: You have to eat the skin. Try not to undo all your good work with too much sour cream.
Total: 28 grams of fibre

Avocado (1/4 raw)

Here is your high fat honey, but it is all good fat and worth every nibble. Ever thought about grilling it?
Total: 17 grams of fibre

All amounts are per ½ cup cooked unless noted.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Cool down your meal with a Chilled Mint Soup to start

This quick and easy no-cook soup is a perfect complement to summer dining.

The refreshing and tasty chilled soup is enhanced with a touch of cream and balanced by its yogurt base.

1. Using a vegetable peeler, peel skin off cucumbers. Cut cucumbers in half lengthwise. Using a teaspoon, scrape out all the seeds in the centre. Discard seeds and skin. Cut cucumbers into chunks.

2. In a blender, in batches if necessary, combine cucumbers, apples, ginger and mint leaves and puree until smooth. If necessary, stop blender to scrape down ingredients from sides of blender.

3. Add yogurt and cream and purée until soup is homogenized. Add lemon juice and salt and puree to mix.

4. Pour into a bowl, cover and refrigerate for at least 2 hours until chilled. Prior to serving, chill 6 serving bowls in the fridge.

5. Stir soup to blend. Pour soup into chilled bowls and sprinkle sliced green onions over top of each serving.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

This recipe serves six. THE CANADIAN PRESS H/O

Ingredients

- 2 English cucumbers (each about 375 g/12 oz)
- 2 Granny Smith apples or other tart apples, cut into chunks
- 15 ml (1 tbsp) finely chopped peeled ginger root
- 20 fresh mint leaves
- 500 ml (2 cups) plain 2 per cent yogurt
- 125 ml (1/2 cup) 35 per cent whipping cream
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) salt

Garnish

- 50 ml (1/4 cup) thinly sliced onions

Tips

- **Blending.** You can use a hand-held immersion blender in a tall container to purée the soup.
- **Storage.** The soup stores well in the fridge for two to three days. Give it a quick stir before serving.

Cherry Bruschetta. A delightful pre-dinner snack with cocktails

1. Heat oven to 190 C (375 F).

2. Trim crusts from bread and discard. Using a rolling pin, roll bread really thinly. Cut each slice into quarters. Lightly oil a 12-cup mini-muffin pan. Press a bread square into each muffin cup. Brush bread with half the oil. Bake until deep golden, 15 to 20 minutes depending on the pan. Repeat with remaining bread squares. Let cool completely on a rack. These can be made up to a week in advance and stored in an airtight container.

3. Pit cherries, then coarsely chop. Place in a bowl. Finely grate lime peel over cherries, then squeeze 10 ml (2 tsp) lime juice over top. Stir in remaining oil, garlic and jalapeno. Just before serving, toss with mint, green onion and salt.

4. Spoon a heaping teaspoon (about 7 ml) cherry mix into each bread cup. Garnish each with a tiny sprig of mint. THE CANADIAN PRESS/ CALIFORNIA CHERRIES

Ingredients

- 6 slices white sandwich bread
- 10 ml (2 tsp) olive oil, plus extra to oil pan

Savoury Cherry Topping

- 250 g (1/2 lb) fresh cherries
- 1 lime
- 10 ml (2 tsp) olive oil, divided
- 1 large garlic clove, minced
- 1 small jalapeno pepper, minced
- 30 to 45 ml (2 to 3 tbsp) slivered fresh mint or basil
- 1 green onion, thinly sliced
- 1 ml (1/4 tsp) salt
- Mint sprigs, for garnish

Getting hitched? Consider a pre-nup

What's at stake. A pre-nup makes sense for Canadians getting married later in life who have accumulated assets and debt

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are marrying later in life, a pre-nup might be a good idea. ISTOCK IMAGES

Two years ago my husband and I purchased property in Florida, taking advantage of depressed prices, the strong loonie and low interest rates.

The day before flying south to close, our lawyer called and told us the deal might be on the rocks.

Turns out the seller's ex (they were married less than three months) refused to sign off on his share of the property. Though the woman had bought it years before they got married, Florida law supported his matrimonial rights to the small farm.

We did end up closing the deal, but had the seller insisted on a pre-nuptial agreement waiving hubby-to-be's property rights, the problem would have been avoided.

Pre-nups make sense because Canadians are getting hitched much later in life.

In 1972 the average age at first marriage was 22.5 years for women and 24.9 for men, according to Human Resources and Skills Development Canada. By 2008 first-time brides were 29.1 years old and grooms just over 31.

Those who marry at an older age usually have accumulated significantly more assets and/or debt than those who are younger.

For this group there is a lot at stake, especially when you consider that 40 per cent of all marriages end in divorce.

If you are marrying later, a pre-nup might be a good idea. Such agreements are fairly common for second and third marriages, but first-timers often feel squeamish talking about money, let alone a pre-nup.

More info

Visit boomerandecho.com/is-a-prenup-really-necessary/ for more pre-nup information.

Do you need a pre-nup?

Four areas of concern:

- **Business.** If you own one, especially if you have a partner, excluding it from community property could make sense.
- **Inheritance.** Especially if there are children, consider segregating all or a portion.
- **Education.** Frequently one person delays their training or education to support the one who is studying. A pre-nup can even out income post-divorce or pay for the supporting spouse to pursue their studies.
- **Debt.** Nothing could be worse than having to share a-soon-to-be-ex's big load of debt. In a pre-nup, you can state which debts are to be shared and which are individual responsibilities.

A choice between love or career

Dating at work. Office romances can be a tricky endeavor, which could potentially hurt your career

PHOEBE HO
For Metro

Workplace love stories, like the one seen in The Office, may seem enticing, but in reality it can be a very different story. HANDOUT

Besides providing comic relief and a heartwarming love story, the hit American show The Office is also a great guidebook for office couples, according to a branding expert.

Watching the show's office couple Jim and Pam gang up on their arch enemy Dwight is a hoot on TV, but in reality alienating co-workers is just one of the many issues inter-office romances stir up, says branding expert Nancy Shenker and author of Don't Hook Up with the Dude in the Next Cube.

"The Office is a great example of both good and bad, the goods were that they met, they married, they fell in love, they lived happily ever after, but the bads are that it does alienate them in some ways from the rest of the people in the office," she says.

And that's just one of the many problems with office dating, she says. In many cases, when relationships don't work out, it strains the work relationship and makes it "perpetually awkward" for both the couple and those around them.

"Whenever human emotions come into play, it gets really dicey and that happens with same sex relationships as well," says Shenker, who has years of experience as a boss.

With about 38 per cent of workers admitting to dating a co-worker at least once in their career in a 2011 survey by CareerBuilder, Shenker says it's virtually impossible to stop office romance from happening — with or without an office dating policy.

But she warns that inter-office romances are complicated, and could potentially hurt your career and/or impact your professional reputation.

As a boss, Shenker's first concern about office romance is its potential impact on productivity and confidentiality issues.

For the career-driven, a thoughtless office romance could put a damper on one's professional aspirations. From a personal branding point of view, Shenker says dating a co-worker, or worse, an employee, shows a lack of self-control.

"Once you get to a certain level in the business food chain, you have a level of accountability and responsibility that really should take precedence over your human urges," she says. "It would make me question their professional judgment."

But there are exceptions to every rule. Shenker says for those who do find their soul mate at work, they need to tread carefully, "Do it with your eyes wide open," and set up ground rules.

And if true love surpasses hierarchal positions, then one person should think of leaving the company to avoid feelings of favouritism amongst coworkers.

Ultimately, it's a choice between love or career.

"If it really is your true love, then yes, it's totally worth it, cause you can always get another job, but you can't always find another soul mate," says Shenker. "That's the romantic in me speaking."

Sports in pictures

NHL. After 'long process' Green remains a Capital

Mike Green re-signed with the Capitals on Monday. GETTY IMAGES FILE

The Washington Capitals didn't wait long to make Mike Green a better offer.

The Capitals signed the defenceman to a $18.25-million US, three-year contract on Monday. The move comes a day after Green rejected a $5-million, one-year qualifying offer from Washington and became a restricted free agent.

Green will earn $6 million in 2012-13 and 2013-14 and $6.25 million in 2014-15 after playing just 81 games over the last two injury-plagued seasons.

"It's been a long process," Green said in a conference call. "Negotiations started early in the year then obviously with the setback of the injury we were going to wait. And then wait after the playoffs, then after the draft, then after free agency, so it's been pushed back."

The 26-year-old Calgary native has seen his production drop over the last two limited seasons. He played just 32 games in 2011-12 due to a groin injury and had three goals and four assists.

The Capitals are gambling Green can get healthy and return to his previous form, which saw him break the 70-point plateau in the 2008-09 and 2009-10 seasons. He has reached double digits in goals three times, including a 31-goal season in 2008-09.

THE CANADIAN PRESS

Quoted

"It was unfortunate the last couple of years that I've suffered through some injuries, but I believe that I'm over them. I think I've got them all out of my system."

Mike Green

Wait for Valanciunas appears over in Toronto

NBA. According to sources, Raptors close to finalizing deal to bring big Lithuanian prospect to North America

After dumping one player who didn't fit into their plans to create a bit of financial and roster flexibility, the Toronto tors Raptors are about to sign a vital piece of their future.

Jonas Valanciunas, the 20-year-old Lithuanian centre who is seen as a key cog in the roster's improvement, should be officially signed, sealed and delivered in the next couple of days.

Sources say the letter of clearance — a formality to get Valanciunas to the NBA — has been received by the league, one of the final steps necessary before the seven-footer can officially sign his contract.

The No. 5 pick in the 2011 NBA draft is currently with the Lithuanian national team preparing for the Olympics.

While there was little doubt that Valanciunas would be in training camp this fall, having him signed early allows the Raptors to move on with other roster needs.

And they now have a bit of financial wiggle room and a free spot after dealing James Johnson to the Sacramento Kings on Monday afternoon for a 2014 second-round draft pick.

Johnson averaged 9.1 points and 4.7 rebounds for the Raptors last season.

"James is a tremendous athlete who has a toughness you love," said Raptors coach Dwane Casey. "With the abundance of wings we have, there would not have been enough minutes."

Johnson would have had to battle newly acquired Landry Fields and Linas Kleiza for minutes at the small forward position and the Raptors have also toyed with the idea of perhaps using DeMar DeRozan there in some instances.

TORSTAR NEWS SERVICE

By the numbers

$2.8M

The Raptors, who were at the NBA's salary-cap level for all intents and purposes following the acquisition of Landry Fields and point guard Kyle Lowry, save about $2.8 million in cap space in the James Johnson transaction.

Jonas Valanciunas dunks during a EuroBasket 2011 game against Germany last September in Vilnius, Lithuania. CHRISTOF KOEPSEL/BONGARTS/GETTY IMAGES

1 MLB. Reds' Votto out for up to a month

Reds first baseman Joey Votto will have surgery to repair torn cartilage in his left knee, sidelining him for three to four weeks.

The 2010 National League MVP hurt the knee in late June but kept playing. He had a medical exam Monday evening that detected the injury.

THE ASSOCIATED PRESS

2 CFL. Als take care of head coach Trestman

Marc Trestman looks to be settling in for a long stay as head coach of the Montreal Alouettes.

Owner Bob Wetenhall announced Monday that Trestman's contract, which was due to expire at the end of this season, has been extended by four years. THE CANADIAN PRESS

3 NBA. Heat taking their talents to China

The NBA champion Miami Heat will play two pre-season games against the Los Angeles Clippers in China this fall.

The teams will meet Oct. 11 in Beijing and Oct. 14 in Shanghai.

THE ASSOCIATED PRESS

Tour de France

Fedrigo wins 15th stage on home turf

Pierrick Fedrigo of France won Monday's 15th stage of the Tour de France by leading a two-man final breakaway, while Bradley Wiggins kept the overall lead as he stayed with his rivals in the main pack far behind.

THE ASSOCIATED PRESS

Pierrick Fedrigo THE ASSOCIATED PRESS

MLB

Blue Jays' Bautista injures wrist

Blue Jays slugger Jose Bautista left Monday's game against the New York Yankees with an injury to his left wrist.

Fortunately for the Blue Jays, X-rays proved to be negative and early diagnosis indicated a tendon issue. Bautista will have an MRI on Tuesday.

Jose Bautista grabs his wrist in pain Monday. THE ASSOCIATED PRESS

Bautista crumpled to the ground and clutched his left wrist after pulling a David Robertson pitch foul.

TORSTAR NEWS SERVICE

4 SPORTS

Quoted

"It's exciting to come back to a ballpark I've known as home for a long time. It's exciting to face some of my teammates that I've only faced in live (batting practice)."

Chicago third baseman Kevin Youkilis on Monday, upon returning to Boston for the first time since being traded by the Red Sox to the White Sox on June 24. He didn't want to talk about his relationship with Boston manager Bobby Valentine. In April, Valentine questioned Youkilis's commitment in his weekly television interview and then apologized to him a day later.

"I don't understand why this is a big rift. I'm just here to play baseball and things will happen. There's no Bobby V. versus Kevin Youkilis or vice-versa. It's the Chicago White Sox against the Boston Red Sox and just playing baseball."

Kevin Youkilis

Mobile sports

A few months ago, Jeremy Lin was the hottest sports story in North America after arriving out of nowhere to give an injury-ravaged New York Knicks club a huge mid-season boost. Now the Knicks must choose between putting up big bucks to re-sign the popular point guard or watch him leave for Houston. Scan the code for the story.

Van Beilen riding wave of momentum to London

Swimming. Oakville teen believing in her ability after strong showing at Olympic trials in Montreal

When Tera Van Beilen was nine years old, she did what most nine-year-olds do when left to their own devices.

Nothing.

Oakville's Van Beilen was a hyperactive, sporadically sporty kid, but her parents thought she could use some athletic direction.

"I was sort of going through a chubby phase," Van Beilen says, chin tucked in to her chest and smiling shyly.

They took Tera to a local club for swimming lessons, half-hoping she'd like it. She was the family's most enthusiastic user of the backyard pool.

This wasn't a Eureka moment. Tera liked swimming enough to make it a regular thing.

But through grade school it remained a hobby and a physical outlet, rather than an obsession.

Today, Van Beilen, a distinctly un-chubby 18-year-old, is headed to the London Olympics, a surprise medal contender in the 100-metre and 200-metre breaststroke.

Genetics must have something to do with this. Her uncle, Wayne Van Dorp, played for the Blackhawks and the Penguins. Her cousin, Joel Reinders, is an offensive tackle with the New York Giants.

"He's the one protecting Eli Manning. Or is it Peyton Manning? I'm not sure. One of the Mannings," Van Beilen said.

Like her gargantuan cousin, Van Beilen's progression is proof to parents everywhere that a child can master a sport without sacrificing every other thing it means to be a child.

"They let me have swimming and still have school. I had both worlds," Van Beilen says.

Right into high school, Van Beilen played other sports. It wasn't until age 15 that she made swimming her focus.

A great many athletic stories — both amateur and pro — start precociously early and are filled with nothing from then on but practice and competition. In an extreme example, 10-year-old Alexander Ovechkin played in a hockey tournament the day after his brother died.

Van Beilen went to a regular school — Oakville's Kings Christian Collegiate — rather than a sporting academy. On Friday nights, she watched Say Yes to the Dress with her mom. She went out with friends on Saturdays. She attended the birthright of all typical teens — the prom.

Even after swimming became her job, she treated it like one — a Monday-to-Friday thing. However, it was an exhausting Monday-to-Friday thing.

She was cut a few breaks at school. Teachers would occasionally let her go out to her car and sleep through a class. Her mother, Sharon, an administrator at the school, set up a quiet room for Van Beilen to nap through her spares.

She graduated last year.

TORSTAR NEWS SERVICE

Time of her life

At the Olympic trials in Montreal in March, Van Beilen qualified for the 100-metre, placing second, a mild surprise.

- But in the 200-metre final, she pushed third-place finisher and current world record holder Annamay Pierse off Canada's Olympic team. Her time of 2:24:03 was, at that point, the second-fastest time in the world this year.

Tera Van Beilen, seen here at her family home in Oakville, Ont., will swim the 100 and 200 breaststroke events in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

Expectations tempered for Canadian track-and-field

The Canadian Olympic Committee has set a goal of finishing among the top 12 countries in the overall medal standings at this summer's London Games. Here's a look at the Canadian track-and-field team's medal potential.

Past results

Priscilla Lopes-Schliep won bronze in the 100-metre hurdles for the country's lone medal in Beijing and Canada's first in Olympic track-and-field since the 1996 Atlanta Games. The Whitby, Ont., hurdler would have been one of Canada's top hopes in London, but in a stunning upset at the Olympic trials, she stumbled on a hurdle and didn't make the team. Athletics Canada head coach Alex Gardiner says the team is still gunning for two to three medals, but the absence of Lopes-Schliep makes one medal more realistic.

Dylan Armstrong, Kamloops, B.C.

He's been on the rise since missing a shot-put medal by less than a centimetre at the Beijing Games. The 31-year-old from Kamloops, B.C., was ranked No. 1 in the world last season, and captured silver at the world championships.

Jessica Zelinka, London, Ont.

Jessica Zelinka was fifth in the Olympic heptathlon four years ago, but her Canadian-record performance at the trials has her ranked No. 4 in the world. The 30-year-old from London, Ont., will also race the 100-metre hurdles and is Canada's fastest entry in a race in which anything can happen.

THE CANADIAN PRESS

Host effect. U.S. study predicts Britain could win 62 Olympic medals

A U.S. study has predicted that Britain will easily beat its goal of winning at least 48 medals, including 25 golds, at the London Olympics.

The Tuck School of Business at Dartmouth released a study Monday, which calculated that competing on home turf could be worth an additional 15 medals for the British team over the 47 it won at the 2008 Beijing Olympics.

The study's predictions of a possible 62 British medals — giving the host nation the fourth-highest overall medal prediction — are in line with bets being offered by London's usually savvy bookmakers.

Even better for the British athletes, Tuck underestimated the U.K. medal total in 2000, 2004 and 2008. If that trend continues, the medal haul could be higher this year.

The study predicts the U.S. will get 103 medals, followed by China with 94 and Russia with 67. THE ASSOCIATED PRESS

By the numbers

542

The biggest delegation at the London Olympics will be in red, white and blue. The Union Jack variety, though. The United States will only have the second-biggest squad in London, with 530 competitors, while the British will have 542 athletes.

Record arrivals

Heathrow Airport has its busiest day

The opening ceremony is still 11 days away, but for many in London, the Olympics really got started Monday.

Heathrow Airport had its busiest day ever as thousands of athletes — from Dutch beach-volleyball players to South Korean gymnasts — landed with their javelins, bicycles and sails, and moved smoothly through customs.

Motorists grappled with new traffic lanes painted with the Olympic rings and reserved for only official vehicles and dignitaries. At least one American athlete tweeted that his bus got lost on the way from Heathrow.

Smart-looking sailors guarded the gates to Olympic Park, looking so cheerful that visitors would never guess they had been pulled off leave only a few days ago to fill an embarrassing security gap when a private contractor failed to provide enough personnel.

And as the Olympic flame made its way beside the seaside in the resort of Brighton, organizers revealed plans for its arrival later this week in London. How's this for an entrance: A Royal Marine carrying the torch will slide down a rope from a helicopter into the Tower of London.

There was a feeling of Olympian scale at Heathrow — the airport was handling some 236,955 arrivals and departures Monday, breaking the record of 233,562, set on July 31, 2011. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Mars in your opposite sign of Libra will make partners and work colleagues more assertive today but that's OK as you know both how to give it and take it. Stand up to them if you want their respect.

♉ Taurus
April 21 - May 21
Don't waste time on trivial matters. You have plenty of energy at your disposal but that does not mean you should waste it. The more you focus on essentials today, the more you will benefit — financially and emotionally.

♊ Gemini
May 22 - June 20
Try not to worry about recent disappointment. Even if they set you back in your plans, you will more than make up for them over the next four or five weeks. Your motto must be: Know what you want and believe you can get it.

♋ Cancer
June 21 - July 22
What seems wrong with your world at the moment is no big deal. Remind yourself occasionally that most of the things you get uptight about are of no real significance. Look at your life from a higher perspective.

♌ Leo
July 23 - Aug. 22
Invitations of one kind or another will come thick and fast over the next few days. If you don't seem to have time to enjoy yourself, it can only be because you are working too hard. Cut back on your commitments.

♍ Virgo
Aug. 23 - Sept. 22
The most important thing now is that you keep the momentum you have built up going. Follow through on what you have started and don't allow yourself to be distracted by petty people and meaningless events.

♎ Libra
Sept. 23 - Oct. 22
Mars in your sign, allied to Jupiter today, gives you the self-belief you need not only to start new projects but to follow through on them in the face of opposition from rivals and doubters. You can make them work.

♏ Scorpio
Oct. 23 - Nov. 21
There seems to be a lot of noisy people in your neighbourhood at the moment. But are they really more loud and annoying than usual or are you in one of your sensitive moods? Probably the latter, so stay calm.

♐ Sagittarius
Nov. 22 - Dec. 21
Mars in the friendship area of your chart makes this the ideal time to get involved in causes and movements that are close to your heart. Do more than just sign your name to the latest petition then forget about it.

♑ Capricorn
Oct. 23 - Nov. 21
Cosmic activity in the career area of your chart will give you a much-needed boost. Be assertive, be ambitious and be determined to succeed, even if you have failed a dozen times before. You'll get it right this time.

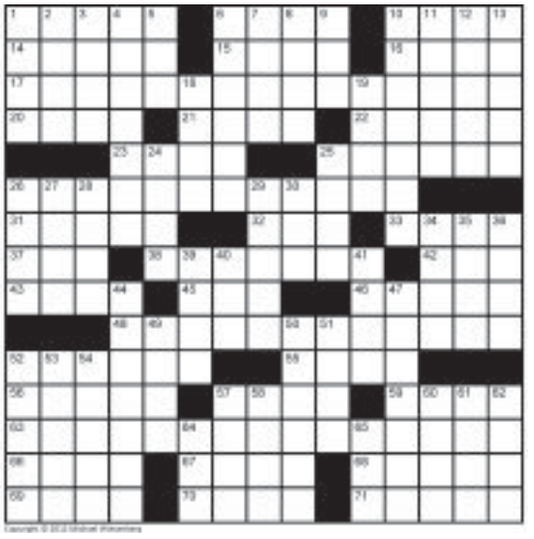
♒ Aquarius
Jan. 21 - Feb 18
You will stop at nothing to get the thrills and excitement you crave, even if you have to travel far away from home to get them. Today's Mars-Jupiter link makes you adventurous in the extreme. Watch out world.

♓ Pisces
Feb. 19 - March 20
The more other people promise you today, the more likely it is they will let you down or, worse, try to use you for their own ends. Do nothing unless you know for certain it won't cost you any money.

SALLY BROMPTON

Crossword: The Canadian Experience

BY MICHAEL WIESENBERG



Across

1. See 52-Across
6. See 37-Across
10. Nanaimo ___: distinctive Can. treat
14. Throw for ___: surprise
15. Toss ___: roll one
16. Early Roman emperor who served only 3 months
17. Get high on Canada from here
20. *Clan of the Cave Bear* author Jean
21. Odo reset setting
22. Find ___ for: pair with
23. Big name in corn syrup
25. Forewarns
26. While Canada is stereotypically known for cold winter, this is a better representative
31. Nativity
32. Beluga output
33. Canada's largest telecommunications company
37. With 6-Across, popular Canadian sweet dessert spirit
38. Homo follower
42. Center or cycle prefix
43. Nintendo rival
45. CNR's passenger subsidiary that became a separate Crown corporation in 1978
46. Surpluses
48. Popular dish known in PQ as Pâté Chinois
52. With 1-Across, sugary pastry confection
55. Biblical Rachel's sister
56. Avant-garde novelist Nin
57. Bland
59. Beginning with
63. World's largest outdoor show
66. Edmonton Symph., e.g.
67. ___ noire: frightful thing
68. Louis Riel's people
69. GPS part
70. "Rats!"
71. Court order

Down

1. "Toodle-oo"
2. Jesus on the field
3. Cowboys at 63-Across often hold this
4. Trunk item
5. Tanning letters
6. Cries at 63-Across
7. Gram or graph preceder
8. Featured singer on Velvet Underground's debut album
9. After dusk, poetically
10. Gen-Xers' parents
11. Engaged in a battle
12. "Frankly, my dear..." utterer
13. Hurting spots
18. Ripped
19. It might be tall
24. What dentists hear a lot of
25. Final word
26. Bird associated with the Nile River
27. Cannes neighbor
28. Small amount of residue
29. With 34-Down, unctuous *David Copperfield* character
30. A Stooge
34. See 29-Down
35. All Fools' Day: abbr.
36. Like an owl, proverbially
39. State
40. Archie Bunker's "name" for Edith
41. Canadians call it pop
44. ___ a drum: comparably tense
47. Like flights of Canada geese
49. "___ Rebel": #1 tune of 1962
50. Exuberant
51. C&W's McEntire
52. Flavored soy bits introduced in 1966 by General Mills
53. Acting on a single number, mathematically
54. After-shower powders
57. One changing colors
58. Alphabetic quartet
60. Org. probing for outer-space life
61. Like Keats' poetry
62. Big celebration
64. BMO competitor
65. Fr. lady

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		5				9		
		2	1		5	8		
6				8				2
	1	4	6		8	7	3	
	3	9	7		2	6	8	
7				1				9
		1	4		7	5		
		6				4		

Yesterday's Sudoku

Yesterday's Crossword

What's online

- **Stumped?** Find the answers at metronews.ca/answers.
- **MetroTube.** We scour the Internet to bring you the best videos out there, at metronews.ca.

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"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."*

I also found out that the bioflavonoids in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

But don't believe me. You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

TRY A FREE BOTTLE!

In fact, the manufacturers of **Nopalea** are so confident that they've agreed to give the readers of this newspaper a special introductory offer. **Call now and they'll ship you a 32-ounce bottle for FREE!** Just pay a small shipping and handling fee.*

There's no risk. No obligation. **But hurry**–they only have a limited number of **FREE** bottles to give away. And when they're gone, they're gone forever.

So do yourself a favor and give your body the great relief it needs. Call today and you'll be like me — a true believer!

Call Now, Toll-Free

1-800-354-9679

Just pay $9.95 shipping and handling.

*Affiliate Members may receive commission on the sale of TriVita products.

This product is not intended to diagnose, treat, cure or prevent any diseases. Children, women who are pregnant or nursing , and all individuals allergic to any foods or ingredients should consult their healthcare provider before using this product. You should not stop taking any medications without first consulting with your healthcare provider. To report a serious adverse event or obtain product information, contact 1-800-991-7116.